SWAT team swarms actors

Regular training exercises keep members of the SWAT division of Regina's emergency services on their toes PAGE 2

MARRIAGE IS NEXT FOR MILEY

ENGAGEMENT TO ACTOR LIAM HEMSWORTH IS A 'DREAM COME TRUE' FOR CHILD STAR PAGE 12

REGINA metro®

Thursday, June 7, 2012

News worth sharing.

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Outgoing Mayor Pat Fiacco was at the Executive Council meeting Wednesday, where a recommendation to supply Western Potash Corp. with the city's treated sewage was approved. JEFF MACKEY/METRO

Tap turned for $228M water deal

Environmental study. Western Potash Corp. determined that while space for fish would be reduced, Wascana Creek water would be much improved

JEFF MACKEY
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Regina's executive committee has approved a recommendation that will drastically change Regina's waste water system.

If the deal with junior mining company Western Potash Corp. is approved by council, the city will supply a large portion of its treated sewage to a mining site 35 kilometres to the southeast.

The 45-year deal could earn the city as much as $228 million and reportedly clean up Wascana Creek at the same time.

The daily amount of water that will be transferred through the new pipeline is approximately the same volume as the City Hall Tower, if you were to fill it with water.

"Normally that treated waste water flows into Wascana creek, we are going to be reducing that amount, and we have heard about the environmental implications of that which are very, very positive," said Mayor Pat Fiacco, after the executive council meeting.

The deal is somewhat unconventional: Until recently companies only purchased potable water to conduct mining.

Many at council, including Fiacco, were impressed by how progressive of a solution Western Potash offers.

"I am not saying that its not happening in other municipalities, but in Canada this is the first that I have heard of anything like this," said Fiacco.

The environmental impact of the agreement was a major part of council's discussions on Wednesday.

For the first six years of the agreement, 85 per cent of the city's treated waste water would go to the Western Potash mine via pipeline.

This would severely reduce the water flow in Wascana Creek.

An environmental study by Western Potash determined that this would reduce space for fish habitats in the creek, however the quality of the remaining water in the creek would be much improved.

Follow Jeff Mackey on Twitter @MetroJeffMackey

First-of-its-kind

"I am not saying that it's not happening in other municipalities, but in Canada this is the first that I have heard of anything like this."

Mayor Pat Fiacco, on the Western Potash Corp. solution to dealing with Regina's waste water, while cleaning up Wascana Creek

Next steps

- **The vote.** The report will be in front of city council for a vote on June 25.
- **Starting date.** If approved, the city and Western Potash should reach a definitive agreement by July, and shovels could be in the ground as early as 2013.

More Magnotta footage found?

Police are investigating whether suspect in body-parts killing filmed videos while on the run PAGE 4

Poetic allure of a script

Actor Robert Pattinson says playing billionaire Eric Packer in Cosmopolis differs from anything he's ever done PAGE 11

Boom town all an illusion?

Saskatchewan small business owners are the most optimistic in the country according to a CFIB report, but is this the reality in Regina? PAGE 3

1 NEWS

On the web

Mammoth find in Iowa backyard

An Iowa man has made an unusual discovery in his backyard, piquing the interest of experts who study prehistoric life. Over the past two years, most of an entire woolly mammoth skeleton has been found on his property. Watch the excavation of a 14,000-year-old creature at metronews.ca.

Profile of a cannibal

The man who chewed a homeless man's face in Miami last week did not have a history of mental illness, was religious and occasionally smoked marijuana, says his girlfriend. Read more at metronews.ca.

Mobile news

A week after Mitt Romney's embarrassing 'Amercia' typo that gave endless fodder to Twitter users and late-night talk-show hosts, the conservative campaign has misspelled once again. Scan the code to read about Romney's latest incident.

Members of the Regina police SWAT team trained in a house donated for the exercise Wednesday on the 1100 block Retallack Street. CARRIE-MAY SIGGINS/METRO

SWAT team trains hard to stay sharp

Police. Emergency services squad performs exercise at unoccupied Regina home

CARRIE-MAY SIGGINS
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Members of Regina's SWAT team infiltrated a house on 1100 block Retallack Street Wednesday only to find it full of actors.

The infiltration was only a training exercise, and the actors were there to play the bad guys.

The SWAT division of Regina's emergency services team trained at an unoccupied home Wednesday morning as part of a monthly exercise meant to keep team members on their toes.

"We train on a regular basis," says Inspector Corey Zaharuk. "This scenario is just one of many scenarios that our team would face at any given time. It's an event that has a low probability of happening but with high risks, and it's necessary for us to keep that training."

The SWAT team is called out for situations such as high-risk warrants, hostage rescue, and barricaded persons.

Zaharuk wouldn't give any details about the specifics of the scenario being played out in the house, although he said that one is concocted by members of the police service. The actors participating in the scenario then run with it.

"We'll develop the scenario, let it unfold and critique it amongst ourselves to identify areas that we may want to improve on."

Zaharuk says that the house used in the training exercise Wednesday was donated to them for the day by its landlord.

It's a community service that is often utilized by police to provide realistic settings for SWAT members. "We seek training opportunities with other people in the community who may offer up certain properties to train in.

"Often times we may have to damage parts of a home in order to safely execute our mission," says Zaharuk. "If we do make damage, we try and establish that ahead of time so that it's fixed."

Residents on the block receive a letter informing them that the training is taking place, and a few sat on the curb to watch the training take place.

"We try not to cause great inconvenience," says Zaharuk. "But at the same time we try to get the maximum effectiveness of the training by doing it in a setting and a realistic way."

Quoted

"Often times we may have to damage parts of a home in order to safely execute our mission. If we do damage, we try and establish that ahead of time so that it's fixed."

Inspector Corey Zaharuk

For more local news visit metronews.ca/regina

Election

One more vying for mayor's seat

Jim Elliot has thrown his hat into the ring for Regina's mayoral election.

Elliott is an environmental education consultant and active community volunteer. He is entering because, "I think we needed some new voices on council. I have seen a number of things that needed to be responded to and changed and I thought this was the best method to get that done." JEFF MACKEY/METRO

Jim Elliot CONTRIBUTED

Casinos

Gaming authority rakes in $81M

The Saskatchewan Indian Gaming Authority says it has had one of its best financial years on record. It is reporting profits of $81.6 million for the fiscal year. President and CEO Zane Hansen says about four million patrons walk through the doors of its six casinos each year. THE CANADIAN PRESS

Women's History Month

Status of Women puts call out for funding proposals

Rona Ambrose, federal minister of public works and government services and minister for status of women, announced Wednesday the theme for Women's History Month 2012 — "Strong girls, strong Canada: Leaders from the start."

Along with the new theme, Ambrose launched a call for proposals for funding geared at giving young girls a head start in both leadership and prosperity. METRO

Nominations in for WCMA gala in Regina

Carly Rae Jepsen performs in Carson, Calif., in mid-May. KEVIN WINTER/GETTY IMAGES

Vancouver breakout singer/songwriter Dan Mangan has nabbed a pace-setting three nominations for this year's Western Canadian Music Awards, to be handed out at a gala in Regina on Sept. 30.

The 29-year-old indie-folk troubadour landed nods for Songwriter of the Year, Independent Album of the Year and Rock Recording of the Year for his third album, Oh Fortune.

Mangan already won a pair of Juno Awards earlier this year in Ottawa, including New Artist of the Year.

Saskatoon alt-country band the Deep Dark Woods also landed a trio of nominations — including a Songwriter of the Year nod for Ryan Boldt — while Swedish-born singer Sarah MacDougall is also up for a pair of awards.

Meanwhile, buzzy pop sensation Carly Rae Jepsen — the Mission, B.C., native whose infectious hit Call Me Maybe has topped the charts around the world — got a nod for Pop Recording of the Year for her 20-minute EP Curiosity.

She'll compete against a group that includes Vancouver pop outfit Marianas Trench, who claimed the category in 2009.

Vancouver indie-rock outfit Said the Whale — another Juno winner — is also up for three nominations at the annual award gala, and will face off against Mangan for both top rock recording and independent album honours. THE CANADIAN PRESS

Nominees

For a full list of nominees, visit breakoutwest.ca.

Do small businesses have reasons to be cheerful?

Economy. Metro went to the street to find out if the rosy Canadian Federation of Independent Business report was for real

CARRIE-MAY SIGGINS
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According to The Canadian Federation of Independent Business (CFIB), Saskatchewan small business owners are the most optimistic in the country. But a few business owners here in Regina are still skeptical of such a rosy outlook.

On Wednesday, the CFIB released its report, the Monthly Business Barometer, which showed that 59 per cent of small-to-medium sized businesses in Saskatchewan say that the overall state of business is good. Forty per cent of the rest of the country felt the same way.

Carl From, an antiques dealer, agrees with the positivity expressed in the report. After retiring a year ago, From and his wife opened an antiques store on Albert Street. They had been collecting for years, and finally felt it was time for a grand opening.

Quoted

"I see a lot of struggling businesses and a huge turnover of businesses in Regina ... People come here thinking, 'Oh it's boom town,' but there's a lot of illusion there."

Heather Fox, owner of Bathland

"Things have been going very well," says From. "I'm very optimistic about the future." He says that they don't plan on hiring any more staff, but only because the store is such a personal project. "It's just me and my wife here," says From.

Heather Fox is a little more skeptical. She owns and operates Bathland, a company that refurbishes bathrooms and supplies walk-in tubs for seniors.

She says she's cautiously optimistic about the climate for small business owners in Saskatchewan.

Fox's business is directly linked to the housing market, but it benefits from some of the negative aspects of that sector, an indication, for her, that the economy isn't as shiny as experts say.

"The existing housing market is very prohibitive," says Fox. "For the average young family, who can afford to buy a house that's a third of a million dollars? But because things are tight, that makes our resurfacing service much more attractive. It's an affordable option."

CFIB report

- According to the CFIB, 34 per cent of Saskatchewan businesses plan to increase full-time employment in the next three to four months, compared to 21 per cent nationally.
- Only six per cent planned on decreasing employment, four percentage points below the national average.

Carl From is optimistic about the future of his small business. His antique store on Albert Street has been doing well since it opened a year ago. CARRIE-MAY SIGGINS/METRO

Wildlife and play park truly a child's delight

A mother buffalo and a three-week-old calf at Evraz Wildlife Park. The pair are two of 15 buffalo on site. This time of year, buffalo are shedding their winter coats. JEFF MACKEY/METRO

The Evraz Wildlife Park is a bit of an anomaly — a free animal sanctuary and kids park next to a steel plant just five kilometres north of Regina. It has been around since the late '50s, when it was known as the IPSCO wildlife park.

Denis Hubick, who has been working at the park for 25 years, says the place is certainly unique to Regina. According to Hubick, the park gets between 7,000 and 10,000 visitors each summer.

"I haven't heard of any other places attached to a steel plant like this. Certainly we are the only place in Regina that has these animals in captivity, so we can get quite a few people.

"We have a lot of schools come out in June. Some days we can have up to 300 kids running around here."

Hubick says the park is also popular with Evraz employees and the general public. It was initially created as a team-building project for the steel plant's employees, he adds.

"The park was made to get the employees to work together," said Hubick, "they were just a new company, new steel, and they decided to get a park to get the employees talking."

The buffalo, which have been a staple of the park for decades, became the plant's de facto mascot.

The park, which has free admission, has buffalo, elk and fallow dear. Attached is a second children's park that features train tours, giant slides, play structures and an all-steel pool. Though a steel pool sounds out of place, given the parks proximity to the steel plant, it's right at home in its surroundings. **JEFF MACKEY/METRO**

Crisis looming?

Trades forecast perfect storm on labour front

An industry group is urging the Saskatchewan government to spend more money on trades training before the province encounters a skilled labour shortage of crisis proportions.

A report from the Saskatchewan Provincial Building and Trades Council says economic growth and an aging population are combining to create the shortage.

The report recommends boosting provincial funding for the Saskatchewan Institute of Applied Science and Technology and the Saskatchewan Apprenticeship and Trade Certification Commission. **THE CANADIAN PRESS**

Manslaughter

Teen pleads guilty in killing of First Nation elder

A young man accused of killing James Durocher, a 73-year-old elder on a First Nation reserve, has pleaded guilty to manslaughter and agreed to be sentenced as an adult.

The accused was 17 when Durocher was pulled from a burning home on the Canoe Lake Cree Nation in 2011.

Police initially laid a charge of second-degree murder, but the man pleaded guilty to the lesser charge during a court appearance Monday. Prosecutor Kelly Onyskevitch says agreeing to be sentenced as an adult was a factor in the Crown's acceptance of the plea to the less serious charge. **THE CANADIAN PRESS**

Wind on Our Wings

Want to try sailing for free?

The CPA Peer Support Program and Wind on Our Wings Accessible Sailing Club is providing a free sailing opportunity on Saturday June 19, from noon to 4 p.m., at the Conexus Boathouse in the Wascana Marina.

A family barbecue follows from 4 to 7 p.m. for $3 per person (includes hotdog, chips and pop). Proceeds go to CPA's Peer Support Program.

In case of bad weather, a sailing presentation and the barbecue will be at United Way Regina, 1440 Scarth St.

Pre-register by June 16 by contacting Cindy Leggott, peer support co-ordinator, 584-0101 ext. 3. **METRO**

Magnotta may have posted new videos

Online mystery. Police investigating whether suspect in body-parts killing filmed videos while on the run

Luka Rocco Magnotta appears to have posted new videos of himself while he was on the run, including one that began, "Hi to all my fans."

"We think it is recent. We must check the clothing, the physical aspects. The French police will give us a hand. It would be very surprising if it was filmed before the murder," Montreal police Cmdr. Denis Mainville confirmed to the newspaper La Presse.

The videos appear to have been posted from Saturday to Monday, just before Magnotta was arrested in Berlin at a cyber café after spending an hour reading about himself online. An activist with the Animal Beta Project said however, that some of the videos had originally been made in 2007 and she had posted them to the ABProject website 13 months ago.

Net narcissist?

"It would be very surprising if it was filmed before the murder."

Montreal police Cmdr. Denis Mainville, on new videos of Luka Rocco Magnotta that appear to have been posted recently

Investigators are also attempting to determine whether Magnotta commented anonymously on the grisly video of the butchery and dismemberment of a Chinese university student, apparently on May 25.

"It's possible. This will be verified in interrogation, but I did see the comments (that might be from him)," Mainville, the head of the Montreal police Major Crimes unit, told La Presse.

Magnotta remains in prison in Germany after his arrest Monday in Berlin, one week after he fled Canada following the death of Jun Lin.

Police discovered Lin's torso in a discarded suitcase in Montreal on May 29, the same day body parts were found addressed to the Conservative and the Liberal party headquarters in Ottawa.

The channel on which the seemingly recent videos appeared Wednesday morning had disappeared by Wednesday afternoon.

TORSTAR NEWS SERVICE

Puzzling packages

Mailed body parts came with notes: Police

Police have revealed that body parts mailed to Vancouver schools were accompanied by notes — although they wouldn't elaborate on their content Wednesday

Montreal police confirmed they had taken over an investigation into the packages mailed to British Columbia.

Also on Wednesday, police initially confirmed a sighting of a human limb in Montreal's west end, but it turned out to be a rubber foot. Police said the incident might warrant mischief charges. THE CANADIAN PRESS

Grieving kin

Murder victim's family arrives in Montreal

The parents of Jun Lin, killed and dismembered in a case that has attracted international attention, arrived in Montreal late Tuesday.

The head of Concordia University's Chinese student association, Yan Shi, was among those who met the family upon their arrival in Canada.

Lin's mother could barely be understood amid her sobs, but Shi said one message for her murdered son rang out clearly: "We come to bring you home now." THE CANADIAN PRESS

Afghanistan. 15 suspects arrested in alleged poisonings at schools

The Afghan government accused the Taliban Wednesday of poisoning schoolgirls by bribing students and workers to sneak toxic chemicals into drinking water or spread it around school grounds, sickening scores. Fifteen suspects have been arrested, officials said.

Government officials said six schools were affected in northern Takhar province in the past three weeks, and though they did not give a total number of girls who got sick, they said one school alone had 125 cases.

Government officials suggested the alleged plot may also have been aimed at undermining the government's achievements.

President Hamid Karzai called for an investigation and intelligence service spokesman Latifullah Mashal said the intelligence service discovered a conspiracy by militants to try to scare families from sending their children to school.

"They want to create terror and fear among students," said Mashal.

He said 15 people have been arrested in connection with the school poisonings. Those being held include 12 identified Taliban insurgents; a teacher; and a school treasurer and his wife, he said.

THE ASSOCIATED PRESS

In this 2006 photo, students read their lessons at the Aziz Afghan Secondary School in Kabul, Afghanistan. RODRIGO ABD/THE ASSOCIATED PRESS FILE

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MARRIED WITH KIDS

With two children in public school, a home in a suburb of Calgary, and an annual household income of $70,000, Peter and Kim have learned how to make the most of their money — and make it work for them.

Peter, 34, is an office manager at a downtown firm while Kim, 30, has just returned to the workforce and has a part-time job at a department store. They have a long-term financial goal to pay off their mortgage by the time Peter turns 60, and they have retirement and education savings plans in place too.

"We're especially good at stretching our budget on food," says Peter. "We plan meals ahead, shop the specials flyers and always pack lunches." The couple also manages with one car. "On the days I'm scheduled to work nights, I drop him off at the C Train — and he takes public transit," says Kim.

They've found other ways to save money too. For example, a few years ago they got a *Scotia Momentum*® VISA* card that they now use to pay for as many everyday purchases as they can.

The *Scotia Momentum*® VISA* card provides 2 per cent cash back on everyday spending such as gas, groceries, drugstore items, and recurring bill payments, and 1 per cent cash back on all other eligible purchases. While the annual fee for the card is $39, there's always a much higher return at the end of the year.

Every November (when the payout is made), the cash back lump sum is automatically deposited into their joint savings account.

"It's a no-brainer," says Kim. "And every purchase we make contributes to our annual cash back from the bank. It's become a great savings tool for us too," says Kim.

Scotia Momentum® Cash Back Calculator

Peter and Kim's profile:

Peter and Kim use their *Scotia Momentum*® VISA* card to pay for about $1,500 worth of purchases each month. Remember that some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.

	$0	500	1,000	
Grocery Store				$ 225
Gas Station				$ 225
Drug Store				$ 150
Recurring Bills				$ 100
Other				$ 800
			Total Monthly	**$ 1,500**

Peter and Kim's Estimated Annual *Scotia Momentum*® Cash Back

Peter and Kim have a *Scotia Momentum*® VISA* card. Here's a look at the cash back their purchases add up to.

Scotia Momentum® VISA*	2%	$ 168	Total Cash Back $ 264
	1%	$ 96	

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1 You will earn 2% Cash Back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated fuel Dispensers and Recurring Payments (Merchant Codes: 5812, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% Cash Back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases. Cash back is not awarded for cash advances, Scotia® VISA cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.
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Obituary

Sci-fi legend Ray Bradbury dies

Author Ray Bradbury at a 1997 book signing for Quicker Than the Eye.
STEVE CASTILLO|THE ASSOCIATED PRESS

Ray Bradbury, the science-fiction-fantasy master who transformed his childhood dreams and Cold War fears into telepathic Martians, lovesick sea monsters, and, in uncanny detail, the high-tech, book-burning future of Fahrenheit 451, died on Tuesday. He was 91.

His writings ranged from horror and mystery to humour and sympathetic stories. Bradbury also scripted John Huston's 1956 film version of Moby Dick, wrote for The Twilight Zone and other programs including Ray Bradbury Theater. THE ASSOCIATED PRESS

Egypt

Hosni Mubarak's health worsens

Hosni Mubarak's health sharply deteriorated Wednesday, days after he was sentenced to life in prison, and specialists were evaluating whether to transfer him to a better-equipped hospital outside the penal system, security officials said.

The deposed leader's health scare added to the uncertainty engulfing Egypt, where powerful political groups are seeking to bar Mubarak's former prime minister from the presidential runoff and derail the election.

Officials at Cairo's Torah prison said the 84-year-old Mubarak's condition had moved to a "dangerous" phase and that doctors administered oxygen five times to help him breathe.

Mubarak was the only patient being treated in the prison hospital's intensive-care unit, which recently underwent a $1-million U.S. renovation to prepare for his arrival. THE ASSOCIATED PRESS

Israel approves construction of settler homes

A Hollow compromise. Palestinians enraged, settlers disappointed while the United States voices displeasure

West Bank in crisis

Israel's prime minister accepted Wednesday's 69-62 vote despite widespread angst over the decision to transfer settlement buildings from Ulpana to Beit El.

- **Internal Resistance.** Settlers instead wanted the government to compensate Palestine for their unlawful occupation in Ulpana. They now vow to fight the decision.
- **Reaction.** Negotiator Saeb Erekat labelled the decision as a "grave development" while the U.S. State Department cautioned the move undermines the entire peace process.

Israel's prime minister on Wednesday ordered construction of 300 new homes in a West Bank settlement, a move aimed at placating settler anger over the planned demolition of an illegally built outpost nearby.

The decision infuriated the Palestinians, who have refused to conduct peace talks while Israel expands its settlements on occupied land. It also risked drawing an international backlash.

Netanyahu has been grappling with a domestic crisis over the unauthorized settlement outpost of Ulpana. The Supreme Court has ordered the five apartment buildings in the outpost to be removed by July 1 after determining they were built on private Palestinian land.

Netanyahu has said he would honour the ruling, while Jewish settlers and their hard-line allies in Netanyahu's government have vowed to resist the order. Netanyahu opposed the bill, saying it would likely be overturned by the Supreme Court and generate harsh international criticism.

In order to blunt settler anger, Netanyahu has come up with a novel solution: Instead of demolishing the buildings, he plans on removing them from their foundations and transferring them to the nearby settlement of Beit El. In addition, he said he would build 300 more homes in Beit El.

"Israel is a democracy that observes the law, and as prime minister I am obligated to preserve the law and preserve the settlements, and I say here that there is no contradiction between the two," Netanyahu said. THE ASSOCIATED PRESS

Rockslide derails train service

An aerial view of the rockslide at the Gotthard rail tracks near Gurtnellen, Switzerland, on Wednesday. Switzerland's main passenger rail connection to Italy has been cut for at least a month because of the rockslide in the Alps that has left one man missing.

URS FUEELER/THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.29¢
(+0.95¢)

TSX
11,633.4 (+125.69)

OIL
$85.02 US (+73¢)

GOLD
$1,634.20 US ($17.30)

Natural gas: $2.421 US (-2.5¢)
Dow Jones: 12,414.79 (+286.84)

Investigation

Reports suggest six million LinkedIn passwords stolen

Business social network LinkedIn said it is investigating reports that more than six million passwords have been stolen and leaked onto the Internet. Although LinkedIn did not confirm if any user data had been hacked or leaked, researchers at U.K. Web security company Sophos say they have confirmed that a file posted online does contain, in part, LinkedIn passwords "hashes."

THE ASSOCIATED PRESS

Technology

Google to unveil new digital maps

Google is expected to unveil the latest improvements to its digital maps amid reports that the navigation service is about to lose its prized perch on Apple's iPhone and iPad.

The upgrades were scheduled for Wednesday in an event Google was billing as "the next dimension" for the world's most popular digital mapping service. The upgrades are happening at the same time Google is facing a potential challenge from a bigger company in Apple.

THE ASSOCIATED PRESS

Apple iPhone drawing new rival: Report

Mobile wars. Windows Phone smartphones to surpass Apple iPhones by 2016, report suggests

A new eyebrow-raising report suggests an underdog in the mobile phone wars is just a few years away from overtaking Apple as the second largest smartphone seller in the world.

Sadly for Research in Motion, it's not the BlackBerry being heralded as a giant killer but Microsoft's Windows Phone platform, which research firm IDC says will surpass Apple's iPhones by 2016.

As of this year, Google's Android platform has the global lead with 61 per cent of the smartphone market, followed by Apple with 20.5 per cent, RIM at six per cent and Windows at 5.2 per cent, according to IDC.

By 2016, IDC sees Android at 52.9 per cent, Windows Phone at 19.2 per cent, Apple at 19 per cent and RIM down just a tenth of a percentage point to 5.9 per cent. The report was encouraging news for Chris Weber, Nokia's president of the North American market, who was in Toronto on Wednesday for the Canadian Telecom Summit.

If Windows Phone is to take off, its fortunes will largely be tied to the success of Nokia, which recently launched a line of competitively priced and well-reviewed smartphones under the Lumia brand.

THE CANADIAN PRESS

Competition

Weber wouldn't put a timeline on when Windows Phone could seriously rival Apple, but said Nokia is looking to build off the positive press and user feedback the Lumias have received.

- "My view is there's only a few companies in the world who can do that and I see those today as Microsoft, Apple and Google," Weber said.

Peter Munk, right , founder and chairman of Barrick Gold, shares a joke with the company's president and CEO Aaron Regent during their AGM in Toronto on May 2. The company announced Wednesday it replaced Regent and installed a former U.S. investment banker as co-chairman of its board of directors. CHRIS YOUNG/THE CANADIAN PRESS

Barrick Gold replaces CEO

Barrick Gold Corp. has abruptly replaced its chief executive and installed a former U.S. investment banker as co-chairman of its board of directors, saying they will help the company restore its lacklustre stock price.

Jamie Sokalsky, who was the Toronto-based company's chief financial officer, has replaced Aaron Regent as Barrick's chief executive and president — effective immediately.

At the board of directors, John Thornton — a former president of Goldman Sachs, the U.S. investment banking giant — will join Barrick founder Peter Munk as co-chairman.

Munk, 84, who is one of Canada's best-known businessman, issued a statement thanking Regent for his efforts but making it clear they weren't enough.

Barrick stock closed Tuesday at $43.70, down sharply from its 52-week high of $55.36. While the price of gold has declined from record highs, many analysts have said shares of gold companies including Barrick underperformed the metal.

THE CANADIAN PRESS

Survey. Canadians fall deeper in debt

A new bank study suggests the average Canadian household is more than $100,000 in debt and that Canadians have ramped up borrowing in the past five years.

The first annual BMO survey on household debt found that average household debt among Canadians surveyed stands at $112,329, including mortgage, credit card, line of credit and loan debt.

But the bank says so-called good debt like mortgages outweighs less favourable forms of borrowing.

While 25 per cent of those surveyed say they are debt free, 41 per cent say that they have taken on more debt in the past five years as a result of increased spending.

And 54 per cent of respondents said they expect to be debt free in the next five years.

The survey also found that 70 per cent of Canadians believe they can afford to pay down debt by paying more than the minimum, but one-third appear to be stretched with paying only the minimum amounts. The report surveyed 1,507 Canadians in an online poll at the beginning of April.

THE CANADIAN PRESS

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John Mazerolle
metronews.ca/hesays

NEWS ITEM: Canadian television will expand by at least two stations this fall, further growing this country's vast TV universe and highlighting the importance of specialty stations. Here's a look at some of the proposed new channels that will soon be on Canadian airwaves:

NHLPA Classic: Just in time for this summer's expected labour dispute, National Hockey League Players' Association Classic brings you the greatest highlights from the 1994-95 and 2004-2005 work stoppages! Relive the greatest compromises and toughest stonewalling! See Goodenow and Bettman one-on-one! See classic meetings like the nine-hour February 9, 2005, spectacular! See highlight shows like Bettman's Top 10 attempts at a smile! "NHLPA Classic: Because it's the Cash."

Fox News Canada: Made by Canadians against Canadians, Fox News Canada provides a fair and balanced look at the pot-smoking, war-avoiding, gay-embracing atheists that make Canada the moral cesspool it is today. Not to be confused with Sun TV, which is patriotic and cheap, Fox News Canada will spend top dollar to let you know that your country sucks. Shows will include The O'Leary and O'Leary Exchange and NDP: Ties to Terror?

Canadian Beauties Corporation: Featuring the best in Canadian exotic dancers from Tracadie to Red Deer, CBC will be equipped with a special "Panic Button" that immediately changes the screen to what appears to be an episode of Mass for Shut-ins.

CanCon

"Gord!, or PBS (Pinsent Broadcasting Station), will have a 100 per cent commitment to the most Canadian of names."

Gord!: According to strict CanCon guidelines, Canadian television is already 65 per cent Gordon-related, but Gord!, or PBS (Pinsent Broadcasting Station), will have a 100 per cent commitment to the most Canadian of names. Gordon Pinsent, Gord Downie, Gordon Sinclair, Gordie Howe, they're all here! Even Gord Stellick! Programming includes And Howe!, Pinsent-a-Go-Go and Star Trek: Gord.

OLN — Obese Loafers Network: Responding to this country's changing attitudes toward fitness, the Obese Loafers Network will appeal to the average Canadian's inner couch potato, which in most cases is hidden under many, many layers of outer couch potato. Home to best-in-class events like the Halifax Lounge-A-Thon and the Boston Pizza-eating Marathon, OLN will be the leader in inaction television.

CPAC Extreme: CPAC Extreme, or CPAC!, is just like normal CPAC, but with crazy angles, kickin' hosts, and the lady in the sign-language bubble is hot, hot, HOT!!! It's your No. 1 destination for parliamentary videos, live performances and more Hansard than you can handle! Go online to get your "hear, hear" ringtone!

And that's where the future of Canadian television lies.

So switch on, tune in, and stand proud, Canada. You're a beautiful country that always seems like it might self-destruct at any moment. You were made for television.

Already on board with Gord: Gordon Pinsent, centre, poses with Blue Rodeo's Greg Keelor, left, and Travis Good of the Sadies in April. The trio collaborated on an album based on poems written by Pinsent. CHRIS YOUNG/THE CANADIAN PRESS

Riding tall on Cuban wheels

FRANKLIN REYES/FILE/THE ASSOCIATED PRESS

Upcycling

Bike maker shifts into high gear

Felix Guirola waves to people as he takes his self-made 3.45-metre-tall bicycle for a spin through downtown Havana, Cuba, on May 18.

Guirola has been riding tall since 1983, when seeing a tandem bike inspired him to build up instead of out.

THE ASSOCIATED PRESS

Climbing aides

Felix Guirola climbs up his tall bike as people help steady it as he prepares to take it for a ride.

- Guirola said his first tall bike measured 1.6 metres high.
- The bikes got progressively taller until five years later he was riding more than three times as high in the air at Ciego de Avila carnivals.

Top to bottom

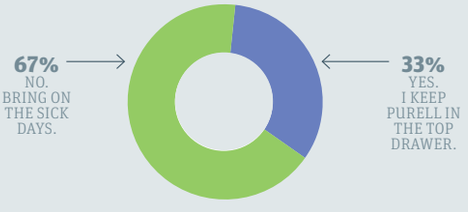
5.5

The height in metres of the Cuban's tallest handmade bike.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you afraid of office bacteria?



Twitter

@bigbadjohn316
Proud that the Regina Rifles led the charge 68 years ago today. Thank you for your sacrifice. #yqr #Dday #junobeach

@ColinMcneil
@PremierBradWall Reprehensible to destroy this for SK. Unless this is a negative thing to you sir #skpoli #yqr #yxe

@fiteach
Hey #yqr folks: @fiveholeforfood is coming July 15 for a little street hockey and fundraising for the food bank.

@RRRDerby
In #yqr and interested in roller der-by? We have a recruitment night tonight, 7pm at the Tartan! Men, women, girls, boys! All welcome!

@UofRegina
Happy convocation to our Hill School of Business, Engineering, Kinesiology and Grad Studies students today! #UofR #YQR

metro

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The General Fools are getting together to share their silly secrets this weekend at the General Fools Improv Festival. SUPPLIED

General Fools converge upon city for local improv festival

Getting inspired. Event offers comedians the opportunity to watch, learn and exchange ideas with each other

BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

"I think the appetite for improvisation in Regina is really large," said General Fool Jayden Pfeifer.

Good thing, because beginning last night at the Artesian was the General Fools Improv Festival which runs until Saturday and features local improv troops as well as acts all the way from the southern United States.

Performing in a festival is a much different experience than doing a single show for Pfeifer. A greater exposure exists for the improvisers, and simultaneously they are also seeing other performers who they may not have previously seen.

"With any festival, part of the joy is being exposed to so many things at once. Performing in a festival is kind of the same thing. On any given night, you might perform in a tournament, do a showcase show, guest with another company, and see a couple companies you've never seen or heard before. You get so much stimulus and inspiration at one time," said Pfeifer.

Beginning in 2009, the General Fools Festival, as well as improv comedy as a whole, has grown in Regina and continues to do so. Imagining otherwise is difficult as little is required from the audience other than laughter.

"The city has a really good appreciation for what improvisation is. I also think it grows because improv shows are really accessible. You don't need to know much about improv or theatre or anything to enjoy yourself. It's always super funny, super playful; we always involve the audience," said Pfeifer.

Not only do the improvisers perform together every night, but they're more or less within the immediate vicinity of each other for four days, knitting the performers together as a unit which becomes tighter and tighter each night.

"Every year we build this ensemble of improvisers who spend four days non-stop hanging out with each other as well as doing the shows, so you end up creating this fun club of improvisers. It gets absurd and ridiculous as people are having great shows, getting excited by the audience, and getting increasingly sleep-deprived by the last day," said Pfeifer.

Pfeifer has been in improv comedy for some time now and has come across a multitude of ridiculous and hysterical acts. Nonetheless, he said the show that closes the festival "might be the most absurd thing (he's) ever seen". The show, Samurai Davis Jr. and Dim Sum's Super Mega Happy Fun Time, mimics an over-the-top Japanese game show, and is "the kind of show that requires tarps to be on the floor."

Actors are often encouraged to wear clothes they're not particularly fond of.

Including the final show, four more events are left in the General Fools Festival. Tickets can be purchased online at generalfools.com.

2

SCENE

Scene in brief

Bynes charged with DUI

Los Angeles prosecutors have charged actress Amanda Bynes, 26, with driving under the influence roughly two months after authorities say she grazed a sheriff's patrol car in an early morning accident. Bynes was arrested April 6 after authorities say she scraped a patrol car making a turn. The misdemeanour complaint filed Tuesday alleges she refused to take a test at the time that could've determined whether she was drunk or under the influence of drugs. Because of her refusal, authorities may suspend her driver's licence for a year. Bynes appeared in the Nickelodeon series What I Like About You and the film Easy A.
THE ASSOCIATED PRESS

On the web

Michelle Obama appears on Letterman for a garden-pegged Top 10 list

What it's like to play the New Girl's (sometimes) guy

Q & A. New Girl's Jake Johnson gives us the low down on playing Nick next to Zooey Deschanel

HEIDI PATALANO
Metro World News in New York

A year ago, most people didn't know who Jake Johnson was. Today, men are stopping him in the street to say, "'What the f—k's your problem, dude? That's Zooey Deschanel, dude,'" as Johnson himself tells it.

Since getting his big break on the Citytv sitcom New Girl, the 33-year-old has been routinely harassed for his character's wussy behaviour when it comes to his roommate and perennial lust-object Jess (Deschanel).

The will-they, won't-they quality of the relationship has drawn so much attention that #NickandJess became a trending topic on Twitter as the show approached its first season finale.

As Johnson sat down with us to promote his upcoming film Safety Not Guaranteed, co-starring Aubrey Plaza and Mark Duplass, he took some time to analyze the greatest twee-affair of our time.

Metro: So, New Girl. You yell a lot on the show.
Johnson: What I like about playing him is that I don't fully understand him. I know who Jess is. I know who Schmidt is. I'm starting to figure out who Winston is, but I don't know who Nick is and I think it's because — to get all deep and ridiculous — I don't think Nick has any idea who he is. He's wading through the madness of "f— man, I am 30 years old and I have not figured it out and I'm not getting any closer." There's panic and that sucks, so he yells.

What do you know about next season?
Nothing. I don't think they know. I think the reality of our show is that a lot of it exists in between (series creator) Liz Meriwether's ears and she doesn't know yet.

But your character and Zooey Deschanel's seemed to get closer at the end of the season.
For my storyline, I think there was a Nick-Jess thing and then they went really far away from it. But I think that was Liz. I think she didn't want it for a while. She thought at the beginning, that it was turning too Nick-Jess. And she was like, "I don't want this to be a relationship show."
But then I think she went in her own mental evolution of it, I think she was like, "well, I want those characters to be together a little bit more." And so at the end of the season, they got really back together. People say, "Oh, I know exactly where the show's going. It's going to be this by season four." But I talk to Liz on a regular basis. We're friends. She doesn't have all the answers.

Where do you want to see those characters go?
I had times with Nick where I was like, "Eh, I don't like this guy." I know what he does. I enjoy playing him, but like, stop crying. Stop being so nasty. And that was the beginning of "this dude is way weirder than I imagined." And I like weird people, so I was like, "OK, OK, you're going to get weirdsies aren't you pal?"

Zooey Deschanel and Jake Johnson star in the sitcom New Girl. HANDOUT

Do you think Jess and Nick could work as a couple?
They don't get along great, so in my opinion, they're more of a Sam and Diane from Cheers where everything about Sam and Diane, they were opposites.

Nick is a realist going towards pessimism, not infatuated with the world, does not think sparkles cure everything, does not sing and dance through life. And Jess is, and they're both a little bit too far in one direction.

Well thanks for theorizing with us. Can't wait to see the next season!
It's still really new enough for me that it's interesting for me too, on my end and I don't feel ownership of it, so I wouldn't be having this talk if I was the writer, where I'd be like "I'm so interesting, how I'm doing this." I'm just a fan like everyone else.

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Allure of Cronenberg's intimidating, poetic script is what drew Pattinson in

Cosmopolis. British star explains what it was like playing billionaire Eric Packer, a role he's won praise for

IN FOCUS
Richard Crouse
scene@metronews.ca

When David Cronenberg wrote the Cosmopolis script he transcribed much of the dialogue directly from Don DeLillo's densely written novel. Those pages of complicated, lyrical conversation attracted the film's star, Robert Pattinson.

"I liked the poetry of this script when I first read it," he said. "My only idea was that it was really different to anything I had ever done and I thought I couldn't do it. That stuck to me afterwards and I thought that should be the way to choose projects, or which projects to go after — the ones you don't understand, or the ones you are scared of. That generally means you'll end up being better afterwards."

The script was so finely tuned that barely a word was changed during the shoot. The 26-year-old Twilight star says he is used to script changes on other movies, but a modification to a line about a gun on the Cosmopolis set jarred his pacing.

"I remember the line was about the attachment above the trigger guard," he says. "But there was no attachment above the trigger guard (on the prop gun). I was so used to the rhythms of everything and suddenly it changed the rhythm of the entire scene. We were doing page-and-a-half long sequences and it was so in my head that to suddenly change it on the day threw me."

He's been winning praise for his strange, otherworldly performance as billionaire money manager Eric Packer, but don't suggest he delved deep into his own psyche to create the man we see on screen.

Robert Pattinson says playing Eric Packer was really different from anything he'd done in the past. HANDOUT

He says the perception is that actors have "to be psychoanalysts," but that's just from the '50s. Before that actors only thought about their face, and their voice and their movement.

"I think that's one of the things I have come away from this movie with, in terms of acting in general. You don't need to analyze things that much. You don't need to understand it."

It's a complicated film, bursting with ideas and one very much open to interpretation and debate, but Pattinson would prefer to leave the psychological heavy lifting to the audience. "I'm not a post modernist scholar," he says. Instead he remembers what drew him to the project in the first place — the dialogue.

"I like saying it," he says. "When I see clips I want to say the lines again. It's like eating."

METRO DISH

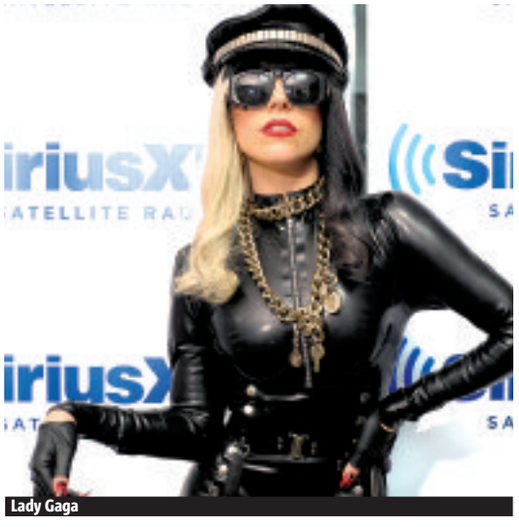
OUR TAKE ON THE WORLD OF CELEBRITIES

John Mayer is finally humiliated

With a new album coming out, John Mayer had been trying to play nice in the media — but he's got his foot back in his smug little mouth again after an interview with Rolling Stone in which he whines about ex-girlfriend Taylor Swift's song about their split, Dear John.

He calls the hit "humiliating," taking issue with the then 20-year-old's "cheap songwriting." "It's abusing your talent to rub your hands together and go, 'Wait till he gets a load of this!' That's bulls—."

Dude: Either un-write Your Body is a Wonderland, or stop talking right now.



Lady Gaa

Elton John wants Gaga to eat more

Elton John is worried about Lady Gaga.

"She is frail, and she doesn't eat when she should, and she's a girl, and it's tougher for a girl," John tells the Guardian in an interview.

"She works really hard. She will be in Denmark one night and Saudi Arabia the next. I know how tiny she is and I do worry about her, yes."

And John, who tapped Gaga to be the godmother to his 1-year-old son, isn't the only one concerned, he says: "I look at Gaga and I think, 'How does she do it?' I talk to her mom and dad about it. They worry."

No jail for Fox: Report

Matthew Fox pleaded no contest to driving under the influence after his May 4 arrest in Oregon, according to TMZ. As part of his plea deal, the former Lost star will reportedly avoid jail time and have his case dismissed if he completes a drug and alcohol treatment program and abstains from alcohol for one year. Fox was pulled over early in the morning near his Bend, Ore., home while driving to a fast food restaurant.

The Word

Why did Miley Cyrus want a ring on it?

MONICA WEYMOUTH
scene@metronews.ca

Although she's been rocking a sizable diamond on her left hand all spring, yesterday Miley Cyrus confirmed that she's engaged to actor Liam Hemsworth.

"I'm happy to share this news with you all. I feel like all my dreams are coming true," the 19-year-old tweeted yesterday.

The news comes after Cyrus took a break from recording and acting to spend time with Hemsworth, 22, and do uncomfortable interviews about their sex life.

Now, why would a 19-year-old who is not pregnant or struggling with rent money get married?

Good question.

At first, we were worried good old-fashioned love still existed and had been listening this whole time, but it's not quite that simple.

You see, these two met on the set of The Last Song, a 2010 drama based on a novel by Nicholas Sparks — the same Nicholas Sparks who penned the most graphic of emotional girl porn, The Notebook.

At least she fell in rapid zombie love with a cute Australian actor and not the creepy guy sweeping up popcorn.

Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

Summer wedding for Brangelina?

Brad Pitt and Angelina Jolie are going to have a summer wedding, according to E! News.

"Word on the street is that Brad and Angie will make it official late this summer," Ryan Seacrest announced on his radio show, quoting E! News correspondent Ken Baker. Speculation still puts the location of the famous couple's nuptials at their estate in the South of France.

McCarthy's son still misses Jim Carrey

Jenny McCarthy says the hardest part of her split from Jim Carrey has been how attached her autistic son, Evan, had gotten to the actor.

"I've tried to ask (Jim) numerous times (to see Evan), because my son still asks," McCarthy tells Howard Stern in an interview.

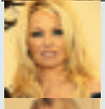
"I tell (Evan) that someday you'll cross paths, meet again, (but) it's hard. He's been in therapy. It's a process, he's working on it."

But McCarthy, who lets Evan watch Carrey's films, still thinks breaking up with Carrey was a good idea: "Jim's a dark guy," she says.

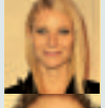
Jenny McCarthy

Twitter

@AmandaBynes
Hey @BarackObama... I don't drink. Please fire the cop who arrested me. I also don't hit and run. The end.



@PamelaDAnderson
Rescued beautiful cow from slaughter. I named her "Gaia"



@GwynethPaltrow
Just arrived in Raleigh, N.C. to start Ironman 3! Any restaurant recommendations?

@AlbertBrooks
Why does Kristen Stewart always look like she's just hit her thumb with a hammer?

California-based designer Trina Turk PROVIDED

Banana peels off layers, slips into summer

Republic of Turk.
Fashion's princess of poolside helps brighten up brand

HEATHER BUCHAN
Metro News

Her bold use of colours, graphic patterns and classic silhouettes are favoured by the likes of Hollywood starlets Kristen Bell and Leighton Meester. And this summer the rest of us can add a coveted Trina Turk piece or two to our wardrobes without breaking the bank, thanks to a partnership between the California designer and Banana Republic.

The result is a limited-edition summer capsule collection, made up of nearly 60 pieces (think flirty dresses and printed tunics) embodies the laid back yet chic southern California resort esthetic captured in Turk's design philosophy.

Here, the fashion doyenne shares some sage summer fashion advice:

What colours should women incorporate into their wardrobe to stay on trend this summer?
Summer is an opportunity to lighten up and wear colour. I'm definitely expecting to see orange and turquoise as two of the top colours. I also love the combination black and white prints mixed with bright coloured tops or bottoms.

What should women who are self-conscious about baring their arms and legs wear during warm weather?
Bringing in a fun printed maxi dress or lightweight blouse in bright colours or a graphic print allows you to celebrate the ease and sophistication of summer with pieces most flattering to your silhouette. The three-quarter sleeve Wren blouse in the Pisces print and the black and white zazzy zebra printed tunic top are done in lightweight fabrics that work well in the heat of summer.

Do you follow any fashion rules? If so, can you share a few?
The most important fashion rule is to figure out the silhouettes that flatter your body type and stick with them. Some trends will be great for you, others not. You don't have to jump on every trend bandwagon that comes along.

If someone could only buy two items from your capsule collection which ones would you recommend and why?
You definitely want to get at least one dress and one accessory piece. There are six great dresses in a variety of styles, prints and colours. If I had to pick one it would be the one-shoulder "Chai" dress that we did in the blue Coachella print.

My favourite accessory of this collection is the enamel bangle that comes in several great colour combinations.

Sunny silhouettes

"I love mixing drapey fabrication with more tailored pieces."
Designer Trina Turk

Top 3

Trina Turk's Summer Essentials

She loves the versatility of a bold printed dress, a bright tailored pair of shorts and breezy blouses.

"They can take you from poolside to cocktail parties to city soirees throughout the summer months," says Turk.

Beauty and the beach

Wide Bangle
$55, bananarepublic.ca

Flower pendant
$62, bananarepublic.ca

Tote
$175, bananarepublic.ca

Canadian supermodel Coco Rocha lounges in a piece from Banana Republic by Trina Turk. PROVIDED

3 LIFE

Fashion Flash

Anchorage, Alaska wins Worst Dressed title

Anchorage residents are apparently not dressing to impress. That's the upshot of Travel and Leisure Magazine's reader poll, which put the residents of Alaska's largest city at the bottom when it comes to being on the top of style. The magazine ran an online poll asking readers to rank 35 American cities on such things as best nightlife, best burgers, best New Year's Eve celebrations, etc. By a three-tenths of a point, Anchorage landed just below Salt Lake City for having the worst-dressed residents. "I think it's a little ridiculous, to be honest," said Hillary Walker, the assistant manager at lulu e. bebe fashion boutique in Anchorage. "I think dressing well is about feeling comfortable, experimenting, expressing yourself through your clothing. I think people in Anchorage do a great job with that."

THE ASSOCIATED PRESS

On the Web

Mary-Kate and Ashley Olsen named best womenswear fashion designers

Add some Mexican-flavoured gobble gobble to your tacos

This recipe serves four. THE CANADIAN PRESS H.O

A classic Mexican spice mix of cumin, oregano and chili is combined in a paste and used to coat the turkey before it goes on the grill. Topped with a crunchy, tangy slaw, these tacos taste like the kind you would find in taquerias.

1. In a resealable bag, combine cumin, oregano, chili powder, salt, olive oil and cilantro, rubbing to make a paste. Add turkey fillets and shake to thoroughly coat turkey. Let sit for 30 minutes or up to 1 day.

2. In another bag, combine red onion, carrots, jalapenos, vinegar, sugar and salt. Let sit at room temperature for 30 minutes, tossing occasionally.

3. Grill turkey over medium-high heat until browned and cooked through, about 5 minutes per side. Transfer to cutting board and let rest for 5 minutes before slicing.

4. Toss carrot mixture with cabbage. Divide turkey and cabbage among warmed grilled tortillas. Garnish with cilantro and avocado and serve with lime wedges and coarse salt. **THE CANADIAN PRESS/ MAKEITSUPER.CA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT, EMILYRICHARDSCOOKS.CA)**

Ingredients

- 5 ml (1 tsp) each ground cumin, oregano and chili powder
- 1 ml (1/4 tsp) sea salt
- 45 ml (3 tbsp) olive oil
- 50 ml (1/4 cup) freshly chopped cilantro
- 500 g (1 lb) boneless skinless turkey fillets
- 1/2 small red onion, sliced
- 2 carrots, peeled and thinly sliced
- 2 jalapenos, sliced (ribs and seeds removed)
- 30 ml (2 tbsp) cider vinegar
- 5 ml (1 tsp) sugar
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) shredded cabbage
- 8 flour tortillas (15 cm/6 inches diameter)
- Garnishes: cilantro sprigs, lime wedges, avocado slices

Chicken Barley Risotto. This delicious dish is ready in mere minutes

1. In a large skillet over medium-high heat, cook bacon until very crispy. Remove bacon and set aside.

2. Add chicken and mushrooms. Cook and stir until browned, about 5 minutes. Stir in bacon, soup, beef broth, tomatoes and barley and bring to a boil. Reduce heat to low and simmer until barley is tender, stirring occasionally, about 30 minutes. **CAMPBELL'S/ THE CANADIAN PRESS**

Ingredients

- 4 slices bacon, cut into small pieces
- 375 g (3/4 lb) boneless skinless chicken breasts, cut into chunks
- 12 mushrooms, quartered
- 1 can (284 ml/10 oz) low-fat cream of celery soup
- 425 ml (1 3/4 cups) low-salt beef broth
- 2 medium tomatoes, diced
- 250 ml (1 cup) pot barley

Turkey, Asparagus & Shiitake Sauté. Zesty eats

1. In a bowl, combine turkey with baking soda, cornstarch and soy sauce. Stir to ensure all the turkey is coated. Let sit for 10 minutes.

2. In skillet, heat oil over medium-high heat and brown turkey pieces. Transfer to plate. Stir garlic chili sauce into the same skillet until fragrant, 30 seconds. Stir in ginger for 30 seconds. Add onion and cook until softened, 3 mins. Add mushrooms, stirring often, until golden and lightly softened, about 2 minutes.

3. Pour in broth, scraping any brown bits from pan. Add asparagus, turkey with any accumulated juices and hoisin; stir to combine. Cover, reduce heat to simmer and cook for 3 minutes or until turkey is no longer pink inside, asparagus is tender crisp and the sauce has slightly thickened. **THE CANADIAN PRESS/ MAKEITSUPE.CA/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

Ingredients

- 500 g (1 lb) boneless, skinless turkey breast,in strips
- 5 ml (1 tsp) each baking soda and cornstarch
- 15 ml (1 tbsp) soy sauce
- 10 ml (2 tsp) vegetable oil
- 10 ml (2 tsp) garlic chili sauce
- 15 ml (1 tbsp) grated fresh peeled ginger root
- 1 onion, sliced
- 500 ml (2 cups) sliced shiitake mushroom caps
- 250 ml (1 cup) turkey broth
- 500 ml (2 cups) chopped asparagus
- 30 ml (2 tbsp) hoisin sauce

Tandoori-rubbed turkey and cabbage slaw makes light dish

This recipe serves four. THE CANADIAN PRESS H/O

Lean turkey breast immersed in a yogurt curry marinade comes out of the oven tender, juicy and infused with flavour.

When served with a napa slaw, you have a light but satisfying meal for dinner or lunch.

1. In a bowl, stir together yogurt, curry paste, garlic, ginger, salt and fresh cracked pepper. Rub all over turkey and let marinate for at least 1 hour and up to 1 day.

2. Napa Cabbage Slaw: In a large bowl, combine cabbage, carrots, apple, green onion, yogurt, vinegar, sugar, cumin, salt and pepper until well coated. Sprinkle with cilantro and toss to combine. Cover and refrigerate until ready to serve.

3. Roast turkey in a 200 C (400 F) oven until it reaches an internal temperature of 77 C (170 F). Let rest for 10 minutes before slicing and serving with slaw.

THE CANADIAN PRESS/ONTARIO TURKEY, MAKESITSUPER.CA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 125 ml (1/2 cup) plain low-fat yogurt
- 15 ml (1 tbsp) curry paste
- 2 cloves garlic, minced
- 15 ml (1 tbsp) grated fresh, peeled ginger
- 2 ml (1/2 tsp) coarse salt and fresh cracked pepper
- 1 kg (2 lb) bone-in, skinless turkey breast

Napa Cabbage Slaw

- Half of a napa cabbage
- 2 carrots, peeled and grated
- 1 apple, coarsely grated
- 1 green onion, thinly sliced
- 50 ml (1/4 cup) plain low-fat yogurt
- 15 ml (1 tbsp) white wine vinegar
- 5 ml (1 tsp) granulated sugar
- 2 ml (1/2 tsp) cumin seeds
- Pinch coarse salt and fresh cracked pepper
- 50 ml (1/4 cup) chopped fresh cilantro

Painted personalities

The colour you choose for your front door can tell people a lot about you. Best purple: Wine Country Frost OR-473, Benjamin Moore. ORIGINSPAINT.CA

Decor ideas. Ever wonder what message the colour of your front door sends?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Colour is a powerful way to send messages, whether on the clothing we wear, the furnishings and decor we choose or the colour we paint our front door. Since that entranceway is the welcome entry into our homes, choosing the right colour is a way to welcome company and to tell people a little bit about ourselves.

With that in mind, here's a few trending colours, what they say about you and where you should live if you like a particular colour.

Red
Gives a punch that says you have energy, passion and presence. A great colour to ward off potential break-ins, but not so great in a quiet, gated community.

Best red: Rich Burgundy OR-186

Orange
You are not extravagant and rather frugal. You are an attention seeker but a very warm and exciting person. Great for a community/neighbourhood counsellor or leader.

Black
Likely, you are serious, traditional and strong; someone with substance lives inside your house. But black can also mean mourning, old and death. It's the perfect colour for downtown or stately living.

Green
You are a promoter of good health and good luck, but green can also mean jealousy. Great for young families as it also indicates fertility and stress-free living. Good colour for a farm or country house.

Brown
You like isolation and privacy when you're home. It also indicates you are reliable. Brown is a great colour for living in a high-density townhouse or a condo.

Best green: Velvet Moss OR-338

Yellow
You are cautious and careful. But yellow can also stir anger and frustration as it fatigues the eye due to the amount of light it reflects. It's great for family homes with young school children.

Purple
You are the emotional type. Wealth, wisdom, exotic and artificial are other words that describe the colour purple. Good for an older person.

Blue
You are secure, safe and trustworthy. Blue can evoke sadness and aloofness and is the colour of weight loss. Good colour for a single person looking for a mate.

DRAWING FROM THE COLOUR PALETTE FROM ORIGINS BY BENJAMIN MOORE (ORIGINSPAINT.CA), HERE'S A FEW OF THE BEST COLOURS TO PAINT THE FRONT DOOR:

Best blue: Blue Hibiscus OR-413

Open to change

How to pick the perfect front-door colour

Look at the body of your house and its colour overall. Is it ruddy-brown, orange-brick, beige or grey? Your front door should be an opposite colour in order to stand out and look special. For instance, if your house is an orange-brown brick then choose a green colour for your front door. The brighter or duller the brick colour the brighter or duller the green will be.

Three things to consider:

1. The garage door, siding or window trims are never painted the same colour as the front door.
2. Painting the frame trim around the door the same colour will help give the door a larger presence.
3. Painting the inside of your front door the same as the outside will add a punch of style to your foyer.

Roughing it

Doing dishes at the cottage

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the butler,
With the summer months now here, my family and I will be spending most weekends up at our cottage. One thing that always comes up is the dishes; specifically, how I can wash them with our limited hot water supply and a very small kitchen!
Signed,
Bob (weekend dish warrior)

Hello Bob,
Let's keep things simple, because ultimately, you're at the cottage to relax.
1. Fill a plastic tub with hot water and a good dose of dish soap and put it on the counter.
2. As dishes are used at the dinner table, scrap off the excess food and put the dish into the hot, soapy water. Let them sit for at least 15 to 20 minutes, or at least until the end of the meal.
3. With a clean dishcloth, wash the dishes and rinse them under cool, clean water in the sink, then put them on a rubberized drying rack so you don't chip or scratch the dishes.
4. Alternatively, you can have a helper wipe the dishes dry with a clean dry dishtowel.

This method works no mater where you are this summer, whether you're at the cottage, boating, at a trailer or a campsite.

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

Don't be a water-waster when you wash the dishes. ISTOCK IMAGES

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4 SPORTS

Hockey

"(Vladimir) was such a dependable and steadfast man that I would have gone anywhere with him — to war, to espionage, into peril. There are fewer and fewer guys like him in every generation of hockey players."

Russian Hockey Federation president and former Soviet goaltender Vladislav Tretiak speaking about Vladimir Krutov to the Sport-Express newspaper. Krutov, one of the Soviet Union's all-time great players and part of the national team's formidable KLM Line, has died at 52. The federation said Krutov died Wednesday. It did not give a cause of death, but the ITAR-Tass news agency said he had been taken to a hospital several days earlier for stomach bleeding.

Mobile news

Brian McNamee, Roger Clemens' former strength coach, testified in Clemens' perjury trial last month that because of his wife's nagging, he brought medical waste from a steroids injection of Clemens home in 2001. But Eileen McNamee testified Wednesday that her estranged husband said he was saving things for his "protection." Scan the code for the story.

New Jersey's Patrik Elias scores Game 4's first goal on Wednesday in Los Angeles. MARK J. TERRILL/THE ASSOCIATED PRESS

Devils refuse to bow out of final without a fight

NHL. New Jersey pushes back to avoid sweep and spoil Los Angeles' Stanley Cup party at Staples Center

Game 4

Devils	Kings
3	1

Put the coronation on hold.

The Los Angeles Kings will have to wait at least three more days for another shot at becoming true hockey royalty after Adam Henrique kept New Jersey alive in the Stanley Cup final. His late goal secured a 3-1 victory for the Devils in Game 4 on Wednesday.

The New Jersey rookie, who scored in overtime to end the Eastern Conference final, showed poise in kicking the puck up to his stick before beating Jonathan Quick high at 15:29 of the third period.

That forced cup keepers Phil Pritchard and Craig Campbell to put the trophy back in its case. Game 5 of the final goes Saturday at Prudential Center in Newark, N.J.

Until the late winner, this series had the feel of a sweep. Fans came ready to celebrate what would have been the first championship for the Kings in their 45-year history and there was every reason to believe they'd deliver after methodically storming through the playoffs.

New Jersey's Patrik Elias and the Kings' Drew Doughty traded third-period goals in an entertaining game before Henrique bagged the winner. Ilya Kovalchuk scored into an empty net.

The sellout crowd at Staples Center was again ready for the occasion, sending up a spine-tingling cheer as "It's Cup Time!" was splashed on the scoreboard before the puck dropped.

THE CANADIAN PRESS

By the numbers

43

The resilient Devils wouldn't be denied in Game 4 and kept alive a streak of 43 straight playoff series in which the franchise has never been swept.

NHL

Roy OK with Habs coaching decision

Patrick Roy says there are no hard feelings about being passed over for the Montreal Canadiens coaching job.

Sounding a gracious note Wednesday, the goaltending legend said he wished the best to the team and to Michel Therrien, who was named the Habs' new coach Tuesday.

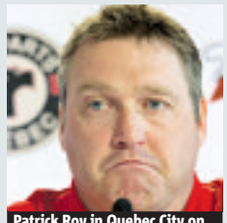
Roy said in Quebec City that he appreciated having been interviewed for the job.

"I'm taking nothing but positives out of this thing," said the former Montreal and Colorado star and current QMJHL coach and executive.

"I'm not bitter at all."

The Canadiens fired assistant coaches Randy Cunneyworth and Randy Ladouceur on Wednesday.

THE CANADIAN PRESS



Patrick Roy in Quebec City on Wednesday. THE CANADIAN PRESS

NHL

GM Tambellini sticking around in Edmonton

The Edmonton Oilers and general manager Steve Tambellini have agreed on a contract extension.

Tambellini has been GM of the team since 2008.

He's currently looking for a new head coach. Tom Renney's contract wasn't renewed after the season.

THE CANADIAN PRESS

Sharapova loving life at French Open

Maria Sharapova celebrates her victory at Roland Garros on Wednesday. MATTHEW STOCKMAN/GETTY IMAGES

Whether she's enjoying a café lunch, shopping on the Champs-Elysées or notching another victory on the soft red clay, Maria Sharapova sure enjoys these trips to the French Open.

"What girl doesn't love Paris?" she said.

Two more wins and she'll love it even more.

Sharapova moved another step closer to filling in the last piece of the career Grand Slam, defeating Kaia Kanepi 6-2, 6-3 on Wednesday to reach the semifinals at Roland Garros.

The second-seeded Sharapova rolled through her 23rd-seeded opponent in 74 minutes.

"I'm happy with the way I improved in this match," Sharapova said.

Her next opponent will be No. 4 seed Petra Kvitova, the Wimbledon champion who ended 142nd-ranked Yaroslava Shvedova's upset-filled run with a 3-6, 6-2, 6-4 victory. Sharapova leads their all-time series 3-2. Kvitova beat Sharapova in last year's Wimbledon final, while Sharapova won the most recent match earlier this year.

THE ASSOCIATED PRESS

French Open Wednesday

Sixth-seeded David Ferrer beat No. 4 Andy Murray 6-4, 6-7 (3), 6-3, 6-2 to reach the French Open semifinals for the first time.

- Ferrer will face six-time French Open champion Rafael Nadal in an all-Spanish semifinal Friday.
- Novak Djokovic and Roger Federer meet in the other men's semifinal.

MLB

Ace Halladay not going to rush back

Roy Halladay is continuing to recover from a shoulder injury as planned after a second opinion confirmed the original diagnosis for the Phillies' ace.

The two-time Cy Young winner is expected to miss between six to eight weeks with a strained latissimus dorsi muscle on the right side of his back. Halladay will be shut down for three weeks before he begins a throwing program. He went on the Philadelphia disabled list on May 29.

"The important thing is just knowing that a week could save me a month," Halladay said Wednesday. "As much as I want to be back, I want to make sure that when I am back, it's not something I have to address later."

THE ASSOCIATED PRESS

Roy Halladay THE ASSOCIATED PRESS

Euro 2012 players told to 'go out and entertain us'

Soccer. UEFA president hopes scrutiny can finally shift from host nations to the matches on field

Now, finally, UEFA President Michel Platini wants the players to take centre stage when the European Championship kicks off on Friday.

Soccer has almost been ignored during a turbulent five years for Poland and Ukraine as they sought to vindicate UEFA's decision to take its showpiece 16-nation tournament to eastern Europe.

Now the former France great, who captained and coached his country, wants the teams to seize the headlines.

"I say to the players, 'Go out and entertain us,"' Platini said on Wednesday. He spoke at the National Stadium in Warsaw — one of many rebuilding projects delivered behind schedule — where Poland will open Euro 2012 against 2004 champion Greece.

"What I would like now after (five) years of work, is to be able to calmly watch the games, to give the ball over to the players and let them get on with it," said Platini, who lifted the trophy in 1984.

The potential story lines are rich and deep for arguably the best international tournament.

Can World Cup winner Spain become the first nation to successfully defend its European title, and further define an era of Barcelona-inspired greatness?

Will a still young Germany team overcome the Spain-shaped obstacle which keeps blocking its title runs?

Can the Netherlands rediscover its 'Total Football' roots and reconnect with neutral fans dismayed by its negative, aggressive tactics that marred the 2010 World Cup final loss to Spain.

Platini echoes the popular wisdom that two favourites stand above the rest.

"These are Germany and Spain if they play at 100 per cent of their level," Platini told reporters. "If they don't, there are a lot of teams which can beat them." THE ASSOCIATED PRESS

Racism response

- Platini promised that referees will stop European Championship matches if players suffer abuse from fans, as questions on racism in Poland and Ukraine dominated a news conference Wednesday to launch the tournament.
- Platini said UEFA has empowered referees to "temporarily stop the game and finally cancel the game if this racism keeps rearing its head."

UEFA President Michel Platini attends the UEFA 2012 Kick-Off RESPECT Campaign in Warsaw, Poland. PHILIPPE WOODS/UEFA VIA GETTY IMAGES

For more Euro 2012 coverage, go to metronews.ca/features.

NBA. James faces familiar scenario with his season on the line in Boston

LeBron James appreciates the irony.

Matching up against the Boston Celtics, on the road, with the season on the line. He faced it in 2008 and lost. He faced it in 2010 and lost, removing his Cleveland Cavaliers jersey for the final time as he left the floor that night.

And now in a championship-or-bust season for the Miami Heat, James heads back to Boston for another win-or-else game.

"It is fitting," James said.

The Celtics lead the Heat 3-2 in the Eastern Conference finals, and on Thursday night will look to clinch a third trip in five years to the NBA finals. If they succeed in Game 6 — or Game 7, if it comes to that — all three of those most recent Boston trips to the title round would come at James' expense.

His first five games at Boston resulted in three wins. His 19 games there since have also resulted in three wins.

No team, maybe no other building, has befuddled James as much as the Celtics and the arena they call home. One more loss on Thursday, and his ninth season will end as the last eight did — without a championship.

THE ASSOCIATED PRESS

Quoted

"I know how much pain this team has given me over the years."

Lebron James on the Boston Celtics.

Bosh ready for more?

Chris Bosh returned for Game 5 on Tuesday after missing nine playoff games with an abdominal strain. He had nine points and seven rebounds in 14-plus minutes but was not on the floor down the stretch when the Celtics came back to win 94-90.

- "I think he'll be able to handle a bigger load of minutes," Heat coach Erik Spoelstra said of Game 6.

Paul Pierce, centre, fires up his Celtics teammates before Game 4 against Miami on Sunday. JARED WICKERHAM/GETTY IMAGES FILE

NHL

Ex-Red Wing McCarty, wife get protection orders against four former friends

Court records show retired NHL player Darren McCarty and his wife got personal protection orders against four former friends in suburban Detroit.

The Detroit News reported Wednesday that the veteran of 15 NHL seasons who won four Stanley Cups with the Red Wings claims harassment by the three women and one man. McCarty and his wife, Sheryl, say in court papers the four tried to draw McCarty back into a partying lifestyle.

McCarty told the newspaper he wants to be left alone. He says harassment has included death threats. The orders were granted last month in an Oakland County court.

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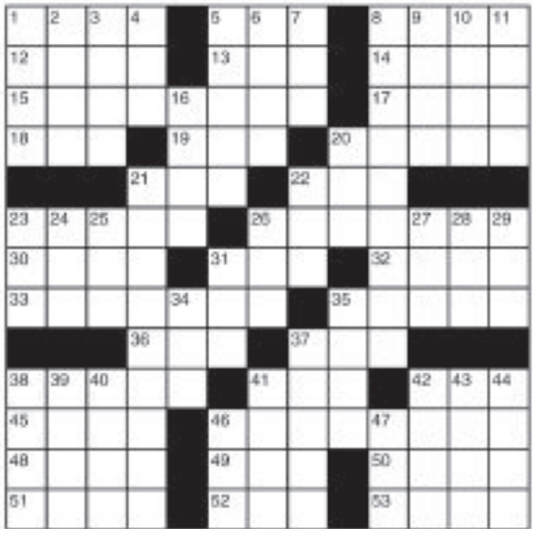
Darren McCarty with the Wings in 2008. GETTY IMAGES

Crossword

Across
1 Cushiony
5 "See ya!"
8 Staffer
12 "The Cosby Show" son
13 "A mouse!"
14 "American —"
15 BB gun
17 Stagger
18 "— voyage!"
19 Wire measure
20 Practices boxing
21 Suitable
22 Greet the villain
23 Lisa Marie's dad
26 Scrap
30 "Cheers" offering
31 Embrace
32 Cattle
33 Overwhelmed with wonder
35 Macho type
36 Eg. and Syr., once
37 Lustrous black
38 Parsley piece
41 Each
42 Obtain
45 Owl's call
46 Cager's attempts that aren't even close
48 Actress Jessica
49 Squid squirt
50 Arizona city
51 No stay-at-home
52 Do brickwork
53 Juror, in theory

Down
1 Impale
2 Columbus' home
3 Flowerless plant
4 Anderson's "High —"
5 Suit
6 Holler
7 Supplement, with "out"
8 Localized downdraft
9 Notion
10 Busy one
11 Right angles
16 Satan's minions
20 Brillo rival
21 Imaginary tool
22 Ginormous
23 Recede
24 Actor McKern
25 Be a couch potato
26 Flop
27 Intention
28 Genetics abbr.
29 Lair
31 Yon maiden
34 Trail the pack
35 KFC additive
37 Moving in fits and starts
38 Carpet type
39 Horse play?
40 Judicial raiment
41 — colada
42 Mirth
43 Otherwise
44 Despot
46 Have a bug
47 Rock concert need



Sudoku

		3		1			4	
						7		
6	5	4	2	3				9
4		7	8			1		
				5				
		8			1	2		4
8				2	5	3	7	1
		2						
	1			9		6		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	6	2	1	3	5	7	8	9
7	3	1	8	9	2	4	6	5
8	5	9	7	6	4	3	2	1
3	9	7	2	8	1	5	4	6
1	2	4	9	5	6	8	7	3
5	8	6	4	7	3	1	9	2
6	4	8	5	1	9	2	3	7
2	1	3	6	4	7	9	5	8
9	7	5	3	2	8	6	1	4

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

CUBV L CXHJ ROFXVM XW LGROF FR RQQOE, QROHJ NRO WLN FULF CROHJ GB L DBVJXVM WDEBB?

Yesterday's Cryptoquip: IF A GUY IS RESTING HIS BARE FEET ON A BARROOM SEAT, YOU MIGHT FIND YOURSELF A TOED STOOL.

Today's Cryptoquip Clue: F equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. If you think too much about the past today, you must refocus your thoughts on all the good things you still have to look forward to.

Taurus | April 21 - May 21. You want to be free, you want to be able to come and go as you please, and you have every right to do so. Do only what makes you feel good.

Gemini | May 22 - June 20. No matter how difficult a task may look, the planets suggest that if you give it your best shot, you will make a success of it. Don't doubt yourself.

Cancer | June 21 - July 22. Stop and don't start moving again until you know what you are aiming for. It should be easier now that Mercury, planet of the mind, is moving into your sign.

Leo | July 23 - Aug. 22. You will meet someone today who, if you impress them enough, can help you realize your dreams. The only problem is the nagging doubt that you might not be up to the task.

Virgo | Aug. 23 - Sept. 22. If you were hoping that other people would share in your positive attitude today, you may be disappointed.

Libra | Sept. 23 - Oct. 22. You don't have to give up on your beliefs and ideals but you do have to realize that other people sometimes see things differently to you.

Scorpio | Oct. 23 - Nov. 21. Go your own way, do your own thing and ignore the avalanche of disapproval that is sure to come your way. Most likely they are jealous of your ability to come and go as you please.

Sagittarius | Nov. 22 - Dec. 21. Jupiter, planet of luck, is smiling on you now. You have to smile back if you want good things to happen.

Capricorn | Dec. 22 - Jan 20. The only thing that might hold you back today is a nagging feeling that in some areas you are not up to competing with the movers and shakers you are rubbing shoulders with. Nonsense!

Aquarius | Jan. 21 - Feb 18. If you need to make changes to your routine then now is the time to get serious about it.

Pisces | Feb. 19 - March 20. You enjoy an occasional change of scene, so make the most of good aspects to the travel area of your chart to get out and about more.

SALLY BROMPTON

Caption Contest

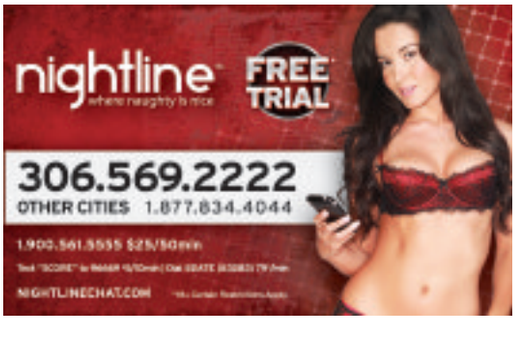
"My teacher complained that I was a little nosey!"
Moses

MARKUS SCHREIBER/THE ASSOCIATED PRESS

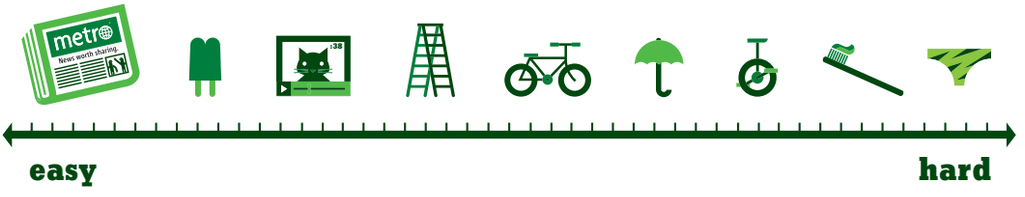
Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



Sharability



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